
BOOKS ABOUT GRANDPARENT LOSS

Teens

General Books About Grief

- *Healing Your Grieving Heart for Teens: 100 Practical Ideas* by Alan D. Wolfelt -- With sensitivity and insight, this series offers suggestions for healing activities that can help survivors learn to express their grief and mourn naturally.
- *Facing Change: Falling Apart and Coming Together Again in the Teen Years* by Donna B. O'Toole -- This informative book helps teens understand their losses and discover creative coping strategies to deal with them.
- *The Grieving Teen: A Guide for Teenagers and Their Friends* by Helen Fitzgerald -- Helps teens address the gamut of strong and difficult emotions they will experience and the new situations they will face, including family changes, issues with friends, problems at school, and the courage needed to move forward with one's own life.

Books for Grandparent Loss

- *After the Rain* by Norma Fox Mazer -- A novel about a teenage girl who learns more about herself during her grandfather's terminal illness.

